

Claims:

1. A method of exercising by simulating different bicycle riding conditions on a stationary exercise bicycle, the stationary exercise bicycle comprising a rigid frame with inter-engaging multiple upstanding posts forming at least one fixed triangulated structure, a pedal assembly, a seat adjustably mounted on the frame, and a handlebar adjustably mounted on the frame wherein the handlebar has multiple handles, the method comprising:

adjusting the height and the fore and aft position of the seat relative to the rigid frame to facilitate riding the stationary exercise bicycle in multiple positions; and

riding the stationary exercise bicycle in multiple positions to simulate different bicycle riding conditions, wherein the multiple positions include alternating standing and sitting positions and gripping the multiple handles of the handlebar in multiple positions.

2. The method according to claim 1 further comprising adjusting the height and the fore and aft position of the handlebar relative to the frame to facilitate riding the stationary exercise bicycle in multiple positions.

3. The method according to claim 1 further comprising adjusting the tension of a chain connected to the pedal assembly while the rider is riding the bicycle.

4. The method according to claim 1 further comprising adjusting the resistance of a flywheel coupled to the frame.

5. The method according to claim 1 further comprising the rider resting his or her hands on one of the multiple handles of the handlebar while riding in a seated position.

6. The method according to claim 1 further comprising measuring the
5 energy exerted by the rider.

7. The method according to claim 1 further comprising riding the stationary exercise bicycle and gripping a first handle of the handlebar in a first gripping position and thereafter gripping a second handle of the handlebar in a second gripping position.

8. The method according to claim 1 further comprising changing the resistance settings on the stationary exercise bicycle to simulate different riding conditions.

9. A method of exercising by simulating different outdoor bicycle riding conditions on a stationary exercise bicycle, the stationary exercise bicycle comprising a
15 rigid frame with inter-engaging multiple upstanding posts forming at least one fixed triangulated structure, a pedal assembly, a seat adjustably mounted on the frame, and a handlebar adjustably mounted on the frame wherein the handlebar has multiple handles, the method comprising:

adjusting the height and the fore and aft position of the seat relative
20 to the frame to facilitate riding the stationary exercise bicycle in multiple positions;

adjusting the height and the fore and aft position of the handlebar relative to the frame to facilitate riding the stationary exercise bicycle in multiple positions; and

riding the stationary exercise bicycle in multiple positions to
5 simulate different bicycle riding conditions, wherein the multiple positions include alternating standing and sitting positions and gripping the multiple handles of the handlebar in multiple positions.

10 10. The method according to claim 9 wherein the handlebar of the stationary exercise bicycle includes a first handle comprising outwardly extending prongs and a second handle comprising a ring.

11. The method according to claim 9 wherein the stationary exercise bicycle includes a chain tension device.

12. The method according to claim 9 wherein the stationary exercise bicycle includes a resistance braking system.

15 13. The method according to claim 10 further comprising the rider resting his or her hands on the second handle while riding in a seated position.

14. The method according to claim 9 wherein the stationary exercise bicycle includes a heart rate monitor or a computer controlled energy measuring device.